



ISSUE 4 | OCTOBER - DECEMBER 2021

# Pertapis Newsletter



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**MENDAKI RAIKAN ILMU**  
online reading session using special Pictionary cards

**BRUNEI PRISONS DEPARTMENT VISIT**  
sharing with Brunei staff delegates how Pertapis Halfway House operates.

**(LKCSM) HEALTH SEMINAR**  
women's health, mental health, physical fitness and healthy eating.

**ANIMAL-THEMED GARDEN WORKSHOP**  
pot painting activity that stimulate their motor and cognitive skills

**TAJ BACK-TO-SCHOOL**  
each beneficiary received \$200 to assist in school expenses

**TABLE-TOP EXERCISE (TTX)**  
to strengthen our 4 Residential Welfare Homes Business Continuity Plans (BCP).



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# Children's Home

## Star Catcher Reward (6th & 20th October)

We continued our reward redemption for the month of October. The residents have been behaving well, with most of them aiming for the rewards and collecting stars with their best expected behaviours.



## MENDAKI Raikan Ilmu (6th October)

MENDAKI engaged our residents with live online reading session using special Pictionary cards created by them. It was very interestingly done and our residents followed the session well.



# Children's Home

## Fun Fit Program

(13th October, 3rd & 10th November, 8th & 15th December)

The residents are always looking forward to this program which are scheduled on Wednesday afternoons.

Mr Richmond, or affectionately called Papa Rich, has many exciting games to improve the resident's strength and stamina. The residents broke into sweats but it was made enjoyable with Papa Rich's zest and energy.

The resident's stamina have improved tremendously and they are getting fitter as the program progresses.



# Children's Home

## Maulid Celebration (16th October)

We celebrated the Maulid in PCH on 16th October where the residents learned more about our beloved Prophet Muhammad (PBUH). Some of the residents recite the Quran, tell stories and also sang the Nasyid. The games played were also related to the theme.



# Children's Home

## Birthday Celebration for October, November & December babies

(23rd October, 29th November & 18th December)

We are fortunate to have donors from Good Karma to sponsor the residents with a Birthday celebration during the months of October, November and December. Each birthday boy and girl got their personalized cake with their names on it. The residents were very happy and touched with the gesture and felt more at home, sharing the cake and sweets with the other residents. Happy Birthday to the October, November & December babies!



## Children's Home

### Deepavali Lamp Making by Good Karma (GK) (3rd November)

GK came into PCH to share with the residents more about Deepavali. One of the interesting topics shared was on the meaning of lights during Deepavali. Despite it being a festive season, the residents got to learn more about the culture of their Hindu friends and the session ended with cookies and pizzas for lunch.



### Art Therapy (9th November, 2nd & 6th December)

An artist came to PCH to share some art techniques. Besides it being a fun session, the residents learnt to use their emotions to draw on the blank canvas as they are encouraged to express themselves through drawings and paintings.





# Children's Home

## **Mask Lanyard Making**

(9th November)

This is the third session we had as the residents loved making their own personal lanyards to hang their mask and use it in the Home. They were quite creative and this time they included names on it.

## **Financial Independence Workshop**

(11th November)

A banker from Standard Chartered Bank (SCB) made time from his busy schedule to share with the residents about money, importance of being financially independent and saving habits. The residents learnt to differentiate between their needs and wants as well as being prudent in their spending.

## **Born Chef series**

(13th November & 15th December)

Our signature program with our in-house Chef Nashrah. On the 13th November, the chef taught them how to make waffles. It was made even more mouth-watering with toppings of ice cream and drizzled with chocolate syrup.

On 15th December, they made bread pudding. The aroma of vanilla filled the Home with warmth and leaves a huge appetite to indulge in the delicious dish.

## **Samba Percussion**

(18th November & 16th December)

Put on-hold due to the pandemic, the long-awaited program is back as Singapore ease its COVID restrictions. Now our Thursday nights are made lively with the samba beats. Residents learnt the discipline of listening to instructions and play as a team for the music to come alive. Time to let the music do the talking.

# Children's Home

## Mask Lanyard Making



## Financial Independence Workshop



## Born Chef series



## Samba Percussion



# Children's Home

## Camp Challenge (22nd to 24th November)

The residents had an in-house camp conducted by Camp Challenge for 3 days. The residents learnt about team work, perseverance, discipline and also leadership. They had so much fun and on the final day, they prepared performances for the staff.



## Bollywood Dance (2nd December)

A dancer volunteered to teach our residents some Bollywood dance moves. It was a challenging session since it was a new style of dance that they got to learn. But the residents still enjoyed the dancing session which is also a form of exercise for them.



# Children's Home

## Soccer Clinic (3rd December)

A physical education teacher from ITE East came down to teach our residents some football. They learnt basic skills like running with the ball, passing & receiving, and juggling. The residents really enjoyed the session and had friendly matches with one another. They really look forward to have such sessions again.



## Water Sports (6th to 10th December)

We had water sports in PCH for a week. Even staffs join in the fun. Water and the sun is the perfect combination to make us happy and joyful, while also giving the opportunity for staffs and residents to bond in a fun activity.



# Children's Home

## Sotong Hitam Challenge (9th December)

Adapted from the popular Korean TV series 'Squid Game', PCH did its own safe version 'Sotong Hitam Challenge' with games such as red light and green light, the dalgona cookies, and building a tower. They learnt about teamwork to come up with strategies to win the different challenges.



## Red Indian Quest (13th December)

The residents challenge one another as they pitch the Red Indian tent. It was a good half day session where they learnt problem solving skills and to work together as a team to complete the challenge within the time limit set.



# Children's Home

## Laser Tag

(14th to 16th December)

The much awaited program by the residents, the 'Indoor Laser Tag' @ PCH. The residents always have fun playing Laser Tag, and the props and sound system makes the atmosphere even more interesting and thrilling.



## PCH BBQ Night

(17th December)

Staffs get together for team bonding and gift exchange. BBQ was the highlight as the smell of the BBQ food filled the home. It's a night to be merry with lots of food and laughter. Residents get to enjoy the BBQ Food cooked by the staffs as well.





# Children's Home

## **PCH Awards Day**

(17th December)

It's the year end and the day to give affirmation to the well-deserved residents. Awards were given to residents who have done well academically or have shown good behaviour in the year 2021. It encourage and motivate the residents to do well in school and to be in a good and positive behaviour.

## **Basic First Aid**

(18th December)

We conducted a basic First Aid program for the residents. They were taught basic bandaging and the importance of First Aid to assist persons who become injured in the event of an accident or emergency situation until help arrives.

## **Camp Sedia**

(20th December)

Volunteers from Assyakirin Mosque came to conduct a moral development camp. It is a one-day camp with lots of interesting activities. Residents learnt the act of kindness towards one another and also being resilient while playing the games as a team.

## **Winter in Wonderland**

(22nd December)

We made ice shavings which were then used to make snowmen. With the cold weather during December and Christmas around the corner, it sure feels like winter in PCH.

# Children's Home

## PCH Awards Day



## Basic First Aid



## Camp Sedia



## Winter in Wonderland





# Children's Home

## **Project Sayang**

(22nd December)

Good Karma came in with volunteers to spice up the season's celebration. They did games and also distributed presents to the residents. The residents were delighted and grateful for the gifts and games from the volunteers.

## **Project GO**

(23rd December)

People Association Youth Movement volunteers did a 6-day activities with the residents. Each session was done for 2 hours each day. Activities such as planting, painting, ball games and bag making was conducted by the volunteers. It was very engaging and meaningful as our residents interacted with them.

## **Camp Perdaus**

(24th December)

Perdaus did a one day motivational camp for the residents. Many fun activities were organized by the volunteers and the residents really enjoyed the program as they participated with lots of anticipation. Lunch was also sponsored by the volunteers. We would like to thank the volunteers for brightening up the residents day.

## **Back To School Program**

(24th December)

The residents received school bags, stationeries and school shoes, as well as umbrellas and water bottles; for the new school year. We would like to thank our gracious sponsors for their contribution. The residents can look forward to start the 2023 school year with renewed enthusiasm.

# Children's Home

## Project Sayang



## Project GO



## Camp Perdaus



## Back To School Program



# Centre for Women & Girls

## PCWG Bites

(27th October)

15 girls participated in the weekly cooking session where they get to learn how to cook a new recipe. The girls were briefed of the recipe, and they will lead and share with the group of residents. This activity allows two different girls each week to take up roles as leaders and for everyone to help each other and work as a team.



## HSBC Arts Incubation Programme

(28th October)

10 girls are allocated in different art programmes such as Theatre, Music, Visual Arts and Dance. The girls are taught a specific skill, skit or musical piece; and every week, they will spend an hour with the trainers to rehearse. The girls participated in the sessions eagerly as they look forward for the upcoming showcase to portray their skills.



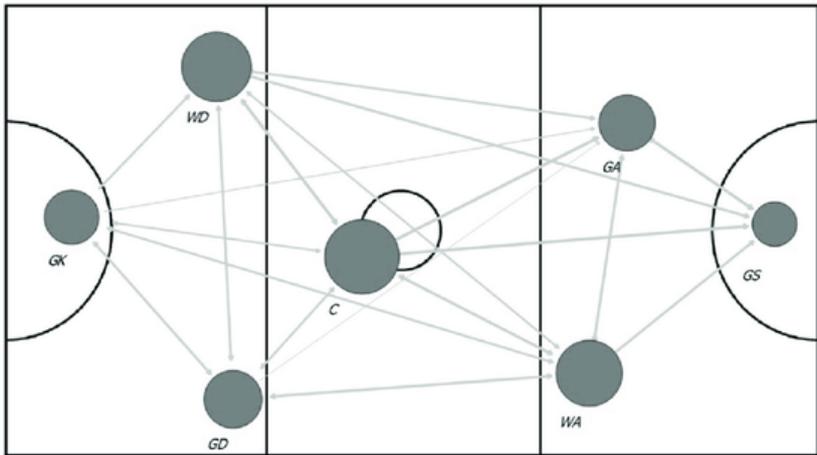


# Centre for Women & Girls

## Netball

(8th, 15th, 22nd & 29th November)

Our girls were engaged in a weekly Netball programme, a collaboration between PCWG and Netball Singapore. Our girls were dedicated to learn proper Netball skills from professional coaches and were excited to be able to bond with friends. They were also thrilled to be able to keep fit and play sports.



## Lee Kong Chian School of Medicine (LKCSM) Health Seminar (17th November)

Students from LKCSM organised a health seminar during the November holidays. The seminar covered topics such as women’s health, mental health, physical fitness and healthy eating. After the seminar, our girls received goodie bags containing snacks and reading materials related to the topics shared.



## Centre for Women & Girls

### Water Soccer

(24th November)

All our girls got down and dirty as they participated in a water soccer activity. After a long and tiring month of rigorous sports and activities, our girls were able to relax and cool down while playing soccer and splashing water. Our girls had a joyous time bonding through games.



### Character Education Workshop by Camp Challenge Pte Ltd (6th to 8th December)

A 3-day Character Education workshop was conducted where our girls got to expand their knowledge and develop their competency. They learn how to identify their strengths and weaknesses, cultivate the growth mind set, understand the importance of self-management, and set goals and expectations for themselves.





# Centre for Women & Girls

## PCWG Camp

(14th to 17th December)

This year, our annual camp was conducted by Camp Challenge Pte Ltd. Our girls had the opportunity to develop better camaraderie among peers, enhancing social skills, working in teams, and inculcate social and emotional learning competencies through engaging in various exciting activities planned.



# Halfway House

## SkillsFuture SG Workshop (5th October)

Looking for jobs can be a difficult time for some, especially for repeat offenders or those who have been in and out of prison multiple times.

Even more so as technology advances, ex-offenders might face challenges keeping up with the latest trend in their job search.



On the 5th of October 2021, 18 residents from PHH attended a one-day course via Zoom conducted by SkillsFuture SG. The speaker shared important keynotes on finding jobs in this current landscape. PHH residents were also introduced to, and guided on how to use the FindJobs app.

The session was very interactive and residents saw the need to continue upskilling and leveraging on technology in order to remain relevant as they re-enter the workforce.





# Halfway House

## Nature Walk @ Coney Island

(21st October)

Coney Island Park houses a wide variety of habitats, including coastal forests and casuarina woodlands. In line with promoting a healthy lifestyle, PHH has organised nature walk for seven residents to experience the rustic environment of the island. The activity focuses towards PHH silver generation residents, providing them with the opportunity to participate and enjoy activity outside PHH.



The adventure walk was held in the morning of 21st October 2021. Participants encouraged one another, exploring the forest and mangrove habitats on the newly built boardwalk and move on to learn more about the diverse biodiversity and interesting history of the park.

Walking might not be the most strenuous form of exercise, but it is an effective way to get in shape, while spending time in nature brings both cognitive benefits and improvements in mood, mental health and emotional well-being.





# Halfway House

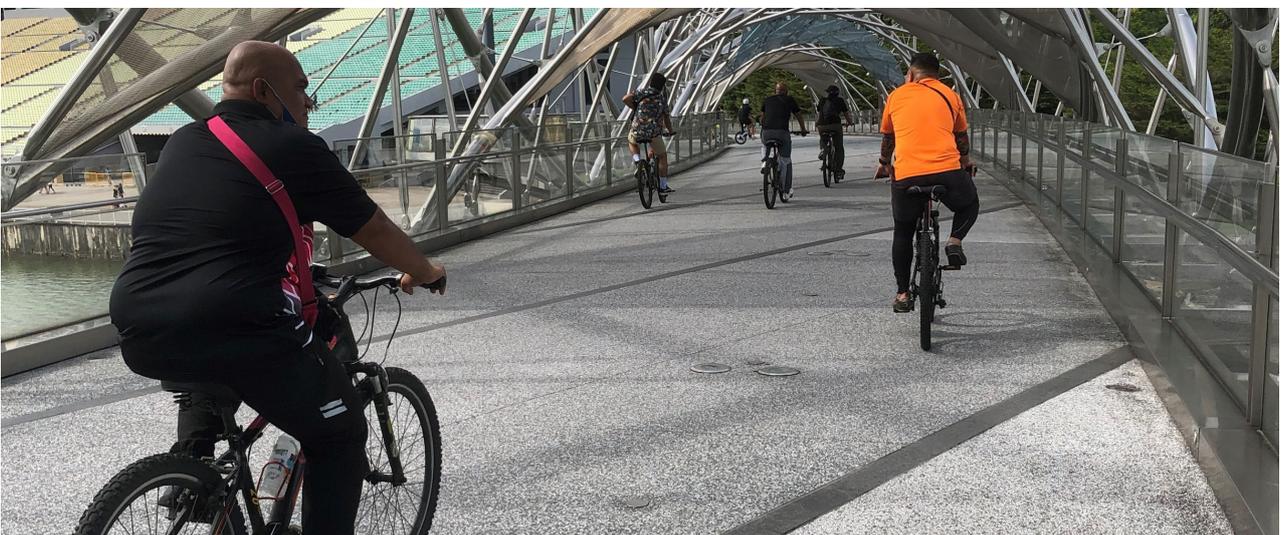
## Cycling @ East Coast Park Connector

(9th & 12th November)

Cycling is an enjoyable way to stay healthy and in touch with the world around you. With this in mind, PHH Programme Department has organised a fun cycling event for our residents as well as for our Drive for Change programme participants. The events were conducted on the 9th and 12th November 2021. The bicycles were rented from one of the bike rental shops located along East Coast Park. Participants cycled through the stretch of East Coast Park up to Marina Barrage and enjoyed the beautiful scenery along the way.



Cycling combines physical exercise with being outdoors and exploring new views. The end result is that cycling will give you better & sharper memory skills, stronger concentration ability, more fluid thinking & reasoning, and greater problem-solving abilities. At the end of the day, participants realized the benefits of cycling and would introduce it to their family as an activity to strengthen their family bonding.





# Halfway House

## Resumption of New Spice Up program

(22nd November)

In line with the Government's advisory on COVID-19 Resilience phase that started on 22nd November, PHH has resumed the New Spice Up (NSU) programme.

The programme aims to promote a healthy lifestyle by encouraging residents to take part in sports activity during their stay in PERTAPIS Halfway House (PHH). For those who prefer physical sports, they can opt to join in the game of futsal and sepak takraw.



While those who are physically unfit, they can participate in a game of carrom or chess.

Even as we resume our transition towards living with COVID-19, we need to do so in a careful and controlled manner. We hope to instil PHH residents with the spirit of sportsmanship and create awareness of the importance of maintaining a healthy body and mind.





# Halfway House

## Brunei Prisons Department Visit

(23rd November)

On the 23rd of November 2021, delegation from Brunei Prisons Department visited PHH. The delegates were comprised of the Director, Superintendent and Assistant Superintendent, all of whom represented Brunei Prisons.

The purpose of the trip was to show the staff delegates how Pertapis Halfway House operates.

We were happy to host and introduce the delegates to our Halfway House Service Model as the group toured the facility including the dormitories occupied by the residents.

We also had the opportunity to exchange information and share ideas that would benefit both of our organisations.



# Halfway House

## Exclusive Online Screening: Fabulous Femmes (26th November)

PHH was invited by the Esplanade to an exclusive online screening performance by Singapore Idol finalist 2009 Syltra Lee on the 26th of November 2021.

It was a pre-recorded performance that includes familiar songs from yesteryears such as those performed by popular music groups ABBA and The Carpenters.

18 residents of PHH enjoyed the session and look forward to many more of such activities.

We thank the Esplanade for the continued contribution to PHH.



# Halfway House

## FairPrice Walk for Rice (14th December)

FairPrice Walk for Rice is an annual event organised by South East Community Development Council with the aim to lift the spirit of giving back while encouraging a healthy lifestyle. It also aims to motivate more Singaporeans to walk or run while logging in their mileage for a good cause.

For every 300 metres of walking or running, FairPrice Foundation will donate one bowl of white rice, one bowl of brown rice and one bowl of instant oats to the needy families in the South East District of Singapore; and PHH is happy to be part of this event.

On 14th December 2021, 9 residents from PHH participated in this activity. The residents, accompanied by staff from PHH, walked approximately 4km along East Coast Road, and were happy to get to enjoy the beautiful scenery and be part of giving back to the society.



# Halfway House

## Futsal Tournament @ PERTAPIS Halfway House (29th December)

PHH has always been advocating healthy lifestyle to the residents as well as the staffs. With the concept of maintaining a healthy lifestyle, PHH has organised a Futsal Tournament for residents and staffs on 29th December 2021 in its facility.

Residents and staffs get together to participate in the friendly game. A total of 5 teams were assembled, with four players in each team.

They battled against one another with excellent sportsmanship, and the winners were treated with prize hampers which they shared among themselves at the end of the tournament.

The event has met its objectives; bonding between staffs and residents as well as promoting health and fitness of everyone.



# Senior Citizens' Fellowship Home

## Donation by Madrasah Al-Arabiah Al-Islamiah (8th October)

We would like to thank Madrasah Al-Arabiah Al-Islamiah for dropping by the home with in-kind and food donations. This was part of their community outreach. The consistent donation throughout the years has certainly helped the home's operations.



## Bottle Art Workshop (13th October)

Residents of PSCFH participated in a Bottle Art workshop which consisted of them decorating a bottle with various items. The final item was definitely a unique piece. This activity has allowed for them to exercise their motor skills and they certainly enjoyed this activity.



# Senior Citizens' Fellowship Home

## Heart Pillows Workshop

(27th October)

A Heart Pillows workshop was conducted for the residents which was something new for the residents. It enabled them to stimulate their motor skills and cognitive skills, and at the same time the residents get to enjoy participating in the activities.



## Terrarium activity with Guangyang Secondary School

(8th November)

Students of Guangyang Secondary came to the Home to conduct a terrarium activity with the residents. The residents enjoyed participating in the activity as they got to fill up their time in the Home meaningfully and interacting with the youths. They look forward to more of such activities in the future.



# Senior Citizens' Fellowship Home

## Animal-themed Garden Workshop

(15th November)

An Animal-themed garden workshop was organized which allowed them to learn how to paint pots. This stimulated their motor and cognitive skills which are beneficial for the residents. They used the pots as decoration pieces and are also required to water and care for the plants which helps to fill their time meaningfully.



## In-Kind Donation by Volunteers

(1st December)

Regular volunteers dropped by the Home with in-kind donations. These volunteers have been consistent in donating in-kind and food donations. They have also done great service for the home as they are always there to entertain the residents and also give daily necessities which helps the home's operations greatly.



# Senior Citizens' Fellowship Home

## Flu Vaccination by Mount Alvernia (20th December)

Mount Alvernia came to the Home to administer the flu vaccine for all the residents. Mount Alvernia has been very consistent in communicating with the Home for the past few years, and we would like to thank them for the collaboration and we hope the collaboration will carry on for many more years.



**HEALTH IS PRECIOUS THAN  
TIME, SO BETTER HEALTH  
HAVE BETTER GOOD TIMES**

# Tabung Amal Jariah Community Project

## Pertapis TAJ Back-to-School Project Launch

(30th November)

In our continuous effort to provide assistance to our beneficiaries, TAJ Back-to-School project was launched on 30th November 2021 which coincided with our December Ration Distribution.



An amount of \$100,000 was allocated for this launch where each beneficiary received \$200 cash to assist in their expenses in preparing their children's new school year. Besides this, they also received some items like school bags to supplement their expenses.





# Tabung Amal Jariah Community Project

The beneficiaries were grateful to receive this financial assistance on top of their December food rations.

With this \$200 cash assistance, they can have a peace of mind that part of the expenses to prepare their children's new school year is covered and they can focus on other areas of their family's needs.



The children were also excited to be getting some school supplies such as stationeries, pencil case, notebooks, and water bottles.



## Tabung Amal Jariah Community Project

This is only made possible with the monetary and in-kind donations that we received from the public, as well as from the volunteers who contributed their time and energy to make the TAJ Back-to-School event a success. A huge thank you to our donors, supporters and volunteers for making this a possibility.

Education transform lives and we are passionate to ensure that our beneficiaries' children do not feel marginalized and that they received the necessary assistance.

Our plan moving forward is for the TAJ Back-to-School project to be more than just our beneficiaries receiving some amount of cash every December.

We hope that we are able to provide other forms of assistance pertaining to their children's education needs such as IT devices and Home Internet Access, especially with Home-Based Learning (HBL) and digitalisation being the new norm in school today due to COVID.

We would like to sincerely appeal for your support of our TAJ Back-to-School project so that our beneficiaries' children can continue to benefit and are not left behind in their academic pursuit. A small contribution can go a long way for them.





# Tabung Amal Jariah Community Project

## Workshop for TAJ Parents & Children - Mindfulness for Stress Reduction

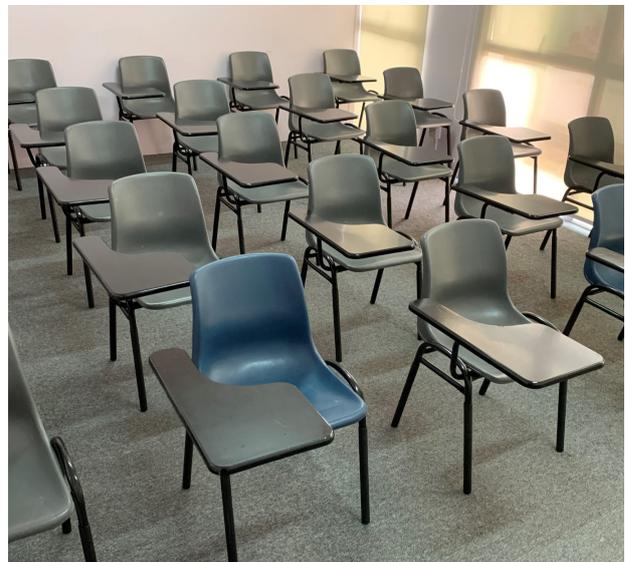
(21st December)

COVID-19 has led to many people experiencing an increased level of stress. Some of our beneficiaries faced depression, affecting their well-being & relationship with family members.



### Mindfulness Workshops for Adults and Children

To help our beneficiaries to manage their stress effectively, we have organised a workshop “Mindfulness for Stress Reduction” on 21st December at our Pertapis Community Service (PCS) for both TAJ Parents and TAJ Children. 16 TAJ Parents and 20 TAJ Children attended the half-day workshop.





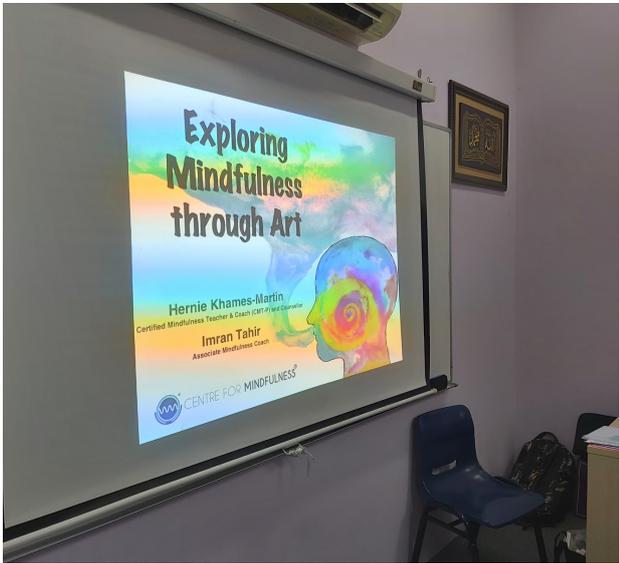
# Tabung Amal Jariah Community Project

The workshop was grace by Mr. Hussaini Abdullah, President of Pertapis, who gave a motivational speech to all participants before the workshop started.

Participants were taught on how to notice their stress triggers early and were equipped with some tools to help reduce stress.



The TAJ Parents learnt practices that emphasize on self-awareness, being non-judgemental and how to increase one's positive state of mind. Parents were actively sharing personal experiences and concerns, and at times were rather emotional.





# Tabung Amal Jariah Community Project

The TAJ Children, on the other hand, learnt mindfulness through art to help them be better focused, calmer and more aware of their self and their surroundings.

They learned how to better focus when they were asked to close their eyes and listen to the words from the trainer and follow their instructions.



One interesting activity for the children was when they were asked to draw a picture of a person and indicate the different pain that they can feel – such as physical pain, emotional pain, verbal pain, et cetera – and the children were encouraged to talk about what they drew.



## Tabung Amal Jariah Community Project

As for the TAJ Parents, they had an interesting activity of throwing balls to one another. The activity taught the parents not to be judgemental and reactive when faced with a difficulty or an issue. Rather they learnt the importance of listening, understanding and responding to the situation. This approach will help to reduce stress level and maintain a healthy relationship with others especially their family members.



Parents feedbacks were encouraging as they felt the course taught them ways to open up their mind, learn to understand signs of stress, understanding what their family would be going through, and most importantly know how to handle their stress and to ask for help when needed.



# Counselling & Care Unit

## Table-Top Exercise (TTX)

(20th October to 1st November)

PERTAPIS Education & Welfare Centre embarked on a 'Table-Top Exercise' (TTX) to strengthen our 4 Residential Welfare Homes Business Continuity Plans (BCP). In view of surges of Covid-19 cases in welfare homes across the nation, PERTAPIS Counselling & Care Unit (PCCU) #training&consultancy facilitated 'TTX' codename: #TOGETHERWEOVERCOME.



# #TOGETHERWEOVERCOME



# Counselling & Care Unit

Each of our 4 Welfare Homes was made to revise their respective SOP in line with the relevant Ministry advisories. The objectives of the 'TTX' are to formulate an up-to-date BCP and further equip the Crisis Response teams amongst the staff members of the Welfare Home.

It is also a collective learning platform where the Crisis Response teams are able to brainstorm, review existing SOPs, anticipate crisis scenarios and exchange strategies amongst one another.



#TOGETHERWEOVERCOME



# Counselling & Care Unit

## Pertapis Staff Training (16th November & 6th December)

Care Staffs & Social Workers from our various Welfare Homes, 'Asatizah' from Pertapis Community Services (PCS), and the HR team came together in the long-awaited online workshop 'Mindfulness Based Restorative Practices'. The workshop is aimed to equip our ground staffs and social workers with enhance skills in clinical facilitation. Some 30 staffs attended the workshop on 16th November, and another workshop for the leadership staff – 'Art of Negotiation' which was held on 6th December.



**ResponsAbility**

Between **stimulus** and **response** there is a **space**. In that **space** is our power to **choose our response**.  
- Viktor Frankl

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**Mindfulness & Neuroscience**

**Prefrontal Cortex (Executive Function)**  
**Amygdala (Emotions)**  
**Hippocampus (Memory)**

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## Counselling & Care Unit

### Chill Chat with Dr SK & Ustadz SN

(25th November)

This is the first monthly webinar collaboration between PCCU and Pertapis Community Services (Bukit Panjang branch).

Some 50 participants attended the webinar session, ranging from madrasah students, adolescent residents from our Welfare Homes, Asatizah, and parents.

We hope to have more of such collaboration with Pertapis Community Services.

**PERTAPIS**  
COMMUNITY SERVICES  
BUILDING COMMUNITY

**PERTAPIS**  
COUNSELLING & CARE UNIT

**PERTAPIS**  
*presents*

Chill Chat with....  
**Dr SK & Ustadz SN**

*You are Your Biggest Family*

  
Dr Sophian Kayat  
Registered Counsellor &  
Social Service Practitioner

  
Ustadz M. Syafiq Norman  
Senior Teacher &  
Freelance Speaker

# Appeal for Donation



## FULFIL YOUR ZAKAT & DONATION ONLINE!

*Donate to PERTAPIS Today!  
Together, We can make a Difference!*

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**661-427229-001**

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**661**

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Bank Code:

**7339**

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\*To enjoy the tax exemption & receive an acknowledgement from us, please indicate your name in the bank transfer message box & email your full name, NRIC number & address to [enquiries@pertapis.org.sg](mailto:enquiries@pertapis.org.sg).



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#04-1001,  
Joo Chiat Complex  
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Scan the QR code above to fulfil your zakat & donation online via [giving.sg/pertapis](https://giving.sg/pertapis)

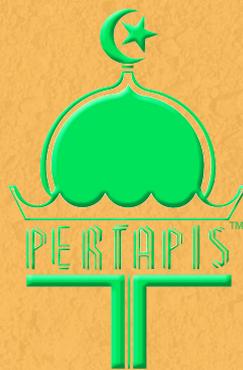
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**PERTAPIS**  
Newsletter

ISSUE 4 | OCTOBER - DECEMBER 2021

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